



The City of Rancho Palos Verdes
Recreation and Parks Department

Recreation Activity Guide

April to June 2025

HELLO
Spring
2025

Visit us at

www.rpvca.gov/parks

Signup for email notifications

rpvca.gov/notifyme

Register for classes and events

apm.activecommunities.com/rpv

Illustration and layout design by
Karen Okstad



40th WHALE of a Day Festival

POINT VICENTE INTERPRETIVE CENTER

31501 PALOS VERDES DRIVE WEST

SATURDAY, APRIL 12 | 10AM-4PM

Join us for the 40th annual Whale of a Day Festival on Saturday, April 12, from 10 AM to 4 PM at the Point Vicente Interpretive Center! This cherished community event honors the Pacific Gray Whale's migration and offers a day of fun, education, and celebration.

The festival features whale watching from the bluffs, guided tours of the historic Point Vicente Lighthouse grounds, live entertainment, and engaging puppet shows. Visitors can enjoy a variety of food, beer and wine. Families will love the many activities available for children, including crafts, games, inflatables, and face painting. A specially curated vendor fair by Dreamers Market will showcase unique marine themed goods, in addition to marine and wildlife organizations that will be present to share valuable information about conservation and ocean life.

To commemorate the 40th anniversary, new features have been added. A historical exhibit will showcase Whale of a Day's legacy with photos and memorabilia. A collaborative community art activity sponsored by the Ann & Steve Hinchcliffe San Pedro & Peninsula YMCA will allow attendees to contribute to a large-scale whale themed chalk mural. Visitors can share their personal memories at the oral history booth, and a special video featuring past and present event highlights will be screened throughout the day. For those looking for a challenge, a live whale trivia tournament will put participant's knowledge to the test with fun and educational questions.

Celebrate four decades of marine conservation, education, and community engagement. Mark your calendars for April 12 and be part of this milestone event. For more details, visit www.whaleofaday.com. See you there!



**Free Parking &
Shuttle Service at
Ken Dyda Civic Center
30940 Hawthorne Blvd.
NO PARKING
AT EVENT SITE**

WWW.WHALEOFADAY.COM

*Dreamers
market*

the
YMCA
ANN & STEVE HINCHCLIFFE
SAN PEDRO & PENINSULA YMCA

EDCO

Upcoming Events!

CONCERTS IN THE PARK!

There will be food trucks, beer and wine booth, giveaways, crafts, inflatables for kids, and live music.

July 26- **As if** (90's Cover Band)

August 23- **Smokin Cobras**
(Oldies and classic rock)

4pm-6pm

Ken Dyda Civic Center

Bring beach chairs, and a blanket and enjoy an afternoon of live music at this family event! **Free!**

MOVIES IN THE PARK!

Disney
MOANA 2
June 14

TOP GUN
July 12

**THE
WILD
ROBOT**
August 9

Save the Dates!

Ken Dyda Civic Center
30940

Hawthorne Blvd
Pre-movie activities
begin at 7:00 pm
(movies begin once it
gets dark)



**DRONE
LIGHT
SHOW**

**4TH
OF JULY
Celebration**

**FRIDAY, JULY 4TH
3PM-9PM
KEN DYDA CIVIC CENTER
30940 HAWTHORNE BLVD.
RPVCA.GOV/PARKS**

THE EVENT WILL END WITH A
PATRIOTIC DRONE LIGHT SHOW
FINALE!

- LIVE ENTERTAINMENT WITH MUSIC
- BEER AND WINE BOOTH
- FOOD BOOTHS AND TRUCKS SERVING A VARIETY OF MEALS, SNACKS, AND DESSERTS
- INFLATABLES AND RIDES
- ACTIVITIES AND GAMES
- CRAFT VENDORS



Kids TO PARKS DAY

Saturday, May 17th
Time (TBA)

visit rpvca.gov/parks for details



This year, Kids to Parks Day will be celebrated City-Wide! Visit your local park and enjoy fun crafts, activities and giveaways for the entire family.

Participating locations: Abalone Cove, Ryan Park, Hesse Park, Point Vicente Interpretive Center, Ladera Linda Community Park and Eastview Park.





LOS SERENOS de POINT VICENTE 2025 PUBLIC NATURE WALKS

Sunday, May 18, 1:00 pm ~ McBride Trail

Enjoy this walk along the McBride trail, featuring spectacular panoramic views of the Palos Verdes Peninsula and Catalina Island. Learn about the native coastal sage scrub habitat as well as the rich history of the Palos Verdes Area. (Meet at the end of Ocean Terrace Dr.)

Saturday, June 21, 9:00 am ~ Alta Vicente Reserve

Explore the native coastal sage scrub habitat and view concrete observation stations built in the late 1920s to support the 14-inch guns at Fort MacArthur. View the remains of a dual six-gun battery built during World War II, and visit one of the best preserved cold war – era Nike missile launch sites in the country. Moderate to Strenuous (Park at RPV city hall)

All nature walks take approximately 2 hours. Wear sun protection, sturdy shoes, and bring water.

Call 310-544-5375 for more information and directions or visit our website at

<http://www.losserenosrpv.org>



Palos Verdes Peninsula Land Conservancy

NATURE WALKS

Sign up for nature walks at: pvplc.org/calendar

Three Sisters Reserve April 12, 9 am

Enjoy a 21-acre restored coastal sage scrub habitat which is home to the threatened California gnatcatcher. Moderate to strenuous. RPV

Forrestal Reserve May 10, 9 am

Some of the best wildflower viewing with dramatic cliffs of this former basalt quarry. Moderate to strenuous. RPV.

Alta Vicente Reserve June 14, 9 am

Explore coastal sage scrub habitat and beautiful views of Catalina Island. Moderate to strenuous. RPV.

EARTH DAY CELEBRATION

Outdoor Volunteer Day

Saturday, April 19, 9 am to 12 pm

Spend Earth Day in nature helping to restore the natural land, benefiting local wildlife and our community. Sign up at: pvplc.org/calendar-for-volunteers

Wild & Scenic Film Festival On Tour

Cabrillo Marine Aquarium, Sunday, April 13, 12 pm

Redondo Union High School, Tuesday, April 22, 5 pm

Join us to be inspired and amazed by nature in honor of Earth Day. Tickets are \$15 online advance purchase (\$20 at the door). Purchase online at: pvplc.org

Online Auction

Bidding open from April 8 to 23, 2025

Shop for a good cause with this special online auction for unique experiences, travel, art, jewelry and more! Visit: pvplc.org



VOLUNTEER

Pvplc.volunteerhub.com

OUTDOOR VOLUNTEER

Saturdays and Sundays, 9 am - 12 pm. Space limited. Wear sunscreen and closed toed shoes. Bring water and a snack. Earn community service hours!

RAPID RESPONSE

Fridays and Saturdays, 9 am to 12 noon - Protect important wildlife habitat with trail maintenance, fence building, installing signage and more! No experience needed. 15 years and up

OUTREACH GREETER

Greet the public at nature walks and community events. Training provided. Flexible schedule. 18 years and up. Contact: Irotunno@pvplc.org to learn more.

PRESERVE
RESTORE
EDUCATE
ENJOY

FOR EVENT INFO AND SIGN UP, PLEASE CALL (310) 541-7613 OR VISIT: WWW.PVPLC.ORG/CALENDAR

RECREATION ACTIVITIES

REGISTER AT:

www.rpvca.gov/parks

Beginner Pilates

Get ready to build strength, mobility, and stability in a safe and effective manner! Beginner Pilates is a full body low-impact workout that utilizes resistance bands in order to improve overall strength, core strength, flexibility, posture and mental awareness. Pilates will help you move better, feel better and live better. Ages 55+ are welcome. All you need to bring is a mat. Resistance bands will be provided.

Location: Hesse Park- McTaggart Hall

Instructor: Mary Castro

Ages: 18 and up

Fee: \$160

12307 9am to 9:50am April 11 - May 30

Aging Backwards Essentrics® Stretch Class

Essentrics® is a dynamic, full body low impact workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 of the body's muscles. The class will increase flexibility and mobility for a healthy, toned, and pain free body.

Location: Hesse Park- McTaggart Hall

Instructor: Mary Castro

Ages: 18 and up

Fee: \$80

12306 F 10am to 10:45am April 11 - May 30

Walk, Talk, Stretch & Strengthen

Walk in the park and stretch and strengthen in the Fireside Room to improve strength, flexibility, balance, and posture. Students are to provide their own handheld weights and exercise mat.

Location: Hesse Park Fireside Room

Instructor: Kathleen Borgida

Ages: 18 and up

Fee: \$126

12335 M 9:00am to 10:15am April 7 - June 16

Yoga and Meditation with Reiki

Here is a wonderful opportunity to experience Reiki. First there is simple stretching to unwind your body and mind, followed by meditation to calm your thoughts. After that, Reiki will align your energy. This will be a wonderful time of self-care. Aligning your mind, body, and spirit will have a positive impact on your entire week. Reiki is for everyone. Come and join us with an easy mind. Just bring a mat or comfy blanket.

Location: Hesse Park- McTaggart Hall

Instructor: Chizuru Kabe

Ages: 18 and up

Fee: \$90

12325 M 9am to 9:45am April 14 - May 12

12425 M 9am to 9:45am May 12 - June 6

Chair Yoga

Yoga is an opportunity to join together your body, mind, and spirit. In this class you can receive the benefits of yoga from the comfort of a chair. The class will include breathing techniques, stretching, strengthening, balance, and relaxation.

Location: Hesse Park Fireside Room

Instructor: Kathleen Borgida

Ages: 18 and up

Fee: \$140

12311 Tu 9am to 10am April 8 - June 17

12312 Tu 10:30am to 11:30am April 8 - June 17

Yoga for You

You are invited to experience yoga as a way to connect physically, mentally, and spiritually. We will practice with movement, postures, breathing techniques, mudras, and mantras. All are tools to improve balance, strength, flexibility, posture, and a sense of well-being. Students provide their own mat & blanket.

Location: Hesse Park - McTaggart Hall

Instructor: Kathleen Borgida

Ages: 18 and up

Fee: \$140

12337 Th 9am to 10:15am April 10 - June 19

Beginning Yoga

Yoga addresses the whole person. Learn poses, breathing techniques, and meditation to improve flexibility, strength, balance, and an overall sense of well-being. Students provide their own mat & blanket.

Location: Hesse Park - McTaggart Hall

Instructor: Kathleen Borgida

Ages: 18 and up

Fee: \$140

12310 Th 10:30am to 11:45am April 10 - June 19

Yoga for Monday Morning

Practice yoga to improve balance, strength, and flexibility in your everyday life. Find inner peace, gratitude, and joy through the use of poses, breath work, meditation, and relaxation. Students provide their own mat & blanket.

Location: Hesse Park Fireside Room

Instructor: Kathleen Borgida

Ages: 18 and up

Fee: \$126

12336 M 10:30am to 11:45am April 7 - June 16

If you are a person with a disability and need an accommodation to participate in programs, services, activities and meetings, contact the City's ADA Coordinator/Risk Manager at 310-683-3157, adarequests@rpvca.gov, 30940 Hawthorne Blvd., Rancho Palos Verdes, CA 90275, at least 48 hours in advance to request an auxiliary aid or accommodation.

Tai Chi for Healthy Body and Mind

This is a Short Tai Chi form that's easy to learn for beginners. Perform exercises to better your mind and body health. Help keep away from anxiety and control issues, and develop strong joints and ligaments to improve range of motion. Teaching methods include ancient forms with corresponding music. Students will be shown applicable self-defense of prescribed moves and be checked diligently by the instructor to assure integrity of forms.

Location: Hesse Park McTaggart Hall

Instructor: Maria Arabe

Ages: 18 and up

Fee: \$96

12338 W 10:30am to 11:30am April 9 - May 28

Zen Balance Yoga

A combination of traditional, yet scientifically-designed and tested Hatha Yoga moves and poses that strengthen and develop muscles and joints. Practice will improve balance, coordination, and mindfulness.

Location: Hesse Park McTaggart Hall

Instructor: Maria Arabe

Ages: 18 and up

Fee: \$96

12339 W 9:30am to 10:30am April 9 - May 28

Advancing Beginner's Bridge - No Trump, Offense & Defense

IF you know the rules and basic conventions of bridge, here's your chance to sharpen key no trump skills. Master no trump contracts and you'll never be searching for that elusive tenth trick for game. A little bit of instruction and a lot of challenging play? That's how we learn in this party bridge format class. No need to sign up with partners. We do a party bridge rotation.

Instructor: Andy Smith

Location: Hesse Park Activity Room

Ages: 18 and up

Fee: \$160

12305 Th 6:30pm to 8:20pm May 1 - June 19

Karate with Sensei Adam

Kids, adults, and families will learn karate in a fun and supportive atmosphere. They will learn basic kicks, blocks and punches, basic falls, and more, from 2nd Dan Sensei Adam, a former student of Chuck Norris. All students will have the opportunity to test for a higher belt.

Instructor: Adam Palmer

Location: Ryan Park Grass Area

Karate for Preschoolers

Ages: 2 1/2 - 4

12322 Sa 10:00am to 10:50am April 12 - May 24 Fee: \$195

12347 Sa 10:00am to 10:50am May 31 - June 21 Fee: \$100

Karate for Kids

Ages: 4 - 11

12321 Sa 11am to Noon April 12 - May 24 Fee: \$195

12346 Sa 11:00am to Noon May 31 - June 21 Fee: \$100

Karate for Bigger Kids and Adults

Ages: 12 and up

12345 Sa 12:30pm to 1:30pm April 12 - May 24 Fee: \$195

12319 Sa 12:30pm to 1:30pm May 31 - June 21 Fee: \$100

Karate for Individuals and Families

Families and individuals can train together.

Ages: 4 and up

12320 Th 3:30pm to 4:30pm April 10 - May 22 Fee: \$195

12348 Th 3:30pm to 4:30pm May 29 - June 19 Fee: \$100

Japanese Immersion Pre-K with Niko Niko Music

Japanese Immersion Pre-K program taught through arts and crafts, story time, songs, letter and number recognition, and outside play time. Meets three days a week on Monday, Wednesday and Friday.

Location: Ryan Park Activity Room

Ages: 2 - 5

Fee: \$560

12316 M W F 10am to 2pm Apr 2 - Apr 30

12317 M W F 10am to 2pm May 2 - May 30

12318 M W F 10am to 2pm June 2 - June 30

Musical Theatre Dance- "Annie!" with electriKIDS

Learn songs and dances from the beloved musical, Annie! The future stars in this class will also learn dialogue, stage direction, and explore costumes and props. The last class of the session will be a special limited engagement performance for family and friends.

Instructor: Kristen DeLeo

Location: Ryan Park Activity Room Patio

Ages: 5 - 10

Fee: \$105

12314 Th 3:30pm to 4:30pm April 17 - May 29



Multi-Sport with Sportball

Your child will love learning the fundamentals of 8 different sports in our fun and engaging classes. They'll get to play soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis - all in one place! Sportball classes are the perfect way to keep your child active and having fun. They'll build confidence, teamwork skills, and learn how to compete in a healthy way. Parents participation is required for children 3 yrs and under.

Location: Ryan Park - Grass Field

Fee: \$112 (5 Week Session)

Ages: 3-5

12323 Su 10am to 10:45am April 13 - May 18

Ages: 5 - 7 Fee: \$90 (4 Week Session)

12324 Su 10am to 10:45am June 1 - June 22

Soccer & T-Ball with Sportball

Location: Ryan Park - Grass Field

Fee: \$135 (6 week session)

Ages: 2

12331 Sa 9am to 9:45am April 12 - May 17

Ages: 2 Fee: \$90 (4 week session)

12332 Sa 9am to 9:45am May 31 - June 21

Ages: 3 -4 Fee: \$112 (5 week session)

12327 Su 9am to 9:45am April 13 - May 18

Ages: 3 -4 Ages: 2 Fee: \$90 (4 week session)

12330 Su 9am to 9:45am June 1 - June 22

T-Ball with Sportball

Learn the fundamental skills of one of the world's most popular sports in this fun and engaging class. We'll learn the basics of t-ball. By the end of the class you'll be ready to hit the field and have some fun! Parent participation is required for children 3yrs and under.

Location: Ryan Park - Grass Field
(6 week session)

Ages: 3 - 5

Fee: \$135

12333 Sa 10am to 10:45am April 12 - May 17

(4 week session)

Ages: 3 - 5

Fee: \$90

12334 Sa 10am to 10:45am May 31 - June 21

Soccer with Sportball

Sportball soccer programs begin when children are 2 years old and continue until they are ready to enter leagues. Classes are packed with high-energy fun, using imaginative coaching techniques and continuous flow of drills and games to keep the soccer fun rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie techniques.

Location: Ryan Park - Grass Field

Fee: \$112 (5 Week Session)

Ages: 3 - 5

12328 Su 11am to 11:45am April 13 - May 18

Ages: 3 - 7 Fee: \$90 (4 Week Session)

12329 Su 11am to 11:45am June 1 - June 22

Basketball with Sportball

Learn the fundamental skills of basketball in this fun and engaging class. You'll learn how to dribble, pass, shoot, and defend. By the end of the class, you'll be ready to hit the court and have some fun! Parent participation is required for children 3yrs and under.

Location: Ryan Park - Basketball Court

Fee: \$135 (6 week session)

Ages: 5 - 7

12341 Sa 11am to 11:45am April 12 - May 17

Ages: 8 - 10

12342 Sa 12pm to 12:45am April - May 17

Fee: \$90 (4 week session)

Ages: 5 - 7

12343 Sa 11am to 11:45am May 31 - June 21

Ages: 8 - 10

12344 Sa 12pm to 12:45am May 31 - June 21

Introduction to Lacrosse with Trident Lacrosse

Introduction to the game of lacrosse for boys and girls in grades 1-8 with an emphasis on developing proper fundamentals and building a solid foundation of lacrosse concepts. Players will be grouped by age and taught skills in a fun and positive environment.

Location: Ryan Park Grass Field

Fee: \$125

Ages: 5 - 14

12315 Tu 4pm to 5pm April 22 - June 10

REGISTER AT:

www.rpvca.gov/parks



SING & DANCE

Early Childhood
Music & Movement

Fee: \$150

Ages: 0-14 mo

12408 W 12pm to 12:45pm

April 16 - June 4

12411 Th 12pm to 12:45pm

April 17 - June 5

Ages: 1 - 3

12409 W 10am to 10:45am

April 16 - June 4

12412 Th 10am to 10:45am

April 17 - June 5

Ages: 2 - 5

12410 W 11am to 11:45am

April 16 - June 4

12413 Th 11am to 11:45am

April 17 - June 5

Hesse Park Fireside Room

A sensory play-based early childhood program that incorporates nursery rhymes, counting songs, rhythm games, action songs, creative dancing, imagination, yoga, children's literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books, and more are all used in each class to complement our weekly theme.

SPRING REACH EVENTS

- PAINT NIGHT WITH DANA (WHALE OF A DAY THEME)
- KNOTTS BERRY FARM
- DAVE & BUSTERS
- EARTH DAY ACTIVITY
- COOKING CLASS
- SAN DIEGO SAFARI PARK
- BATTING CAGES
- MOTHER'S DAY SHOPPING
- HUNTINGTON LIBRARY & GARDENS
- CHAIR BINGO
- BOCCE
- GENTLE KARATE
- BASKETBALL
- PICKLEBALL
- BRUNCH & TEA TASTING
- BOCCE
- SUMMER KICK OFF BBQ
- GENTLE KARATE
- FISHING @ REDONDO PIER

- REACH IS ALL ABOUT:
- Promoting self confidence, communication skills, and social interaction
 - Increasing physical abilities and improving coordination
 - Enhancing social and independent living skills

MEET NEW FRIENDS AND DISCOVER NEW ADVENTURES

REACH is a therapeutic recreation program that helps young adults with developmental disabilities transition toward social independence through exciting recreational activities.

HOW TO REACH US:
REACH@RPVCA.GOV



Walking Group
Exercise Class
Tai Chi

Peninsula Seniors

make life fun!

JOIN TODAY!
(310) 377-3003

Pedro Pet Pals will be hosting Dog and Cat Adoption Events at Eastview Park!

The fun cat bus will be rolling in as well as local vendors. Come on over and take a peak and make sure you have room in your car-you might be bringing home a new friend!

1ST SUNDAYS OF THE MONTH!

APRIL 6, MAY 4, & JUNE 1 FROM 12PM-3PM

EASTVIEW PARK, 1700 WESTMONT DR

INFO@PEDROPETPALS.COM